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1. A golf club head having a loft angle, comprising:

a hollow body having a crown, a sole, and a front striking plate located at the front of said hollow body;

said crown having a thickness of less than about 0.8 mm for at least a crown transition distance of about 20 mm measured rearwardly from a junction of said crown and striking plate;

said sole having a thickness of less than about 1.0 mm for at least a sole transition distance of about 20 mm measured rearwardly from a junction of said sole and striking plate; and

said striking plate having a thickness of less than about 2.2 mm, said striking plate formed of a material having a hardness of at least 30 HRC and a percent elongation of at least 7%, said material having a density less than about 5 g/cc;

wherein said golf club head has a coefficient of restitution of at least about 0.85 if said loft angle exceeds 12 degrees and at least about 0.87 if said loft angle is 12 degrees or less.

- 2. The golf club head of claim 1, wherein: said thickness of said crown is uniform and about 0.7 mm; said thickness of said sole is about 0.9 mm; and said thickness of said striking plate is centrally located on said striking plate and has a maximum value of about 1.7 mm.
- 3. The golf club head of claim 1, wherein said striking plate comprises beta-type titanium alloy.

- 4. The golf club head of claim 3, wherein said striking plate is formed of a titanium alloy comprising by weight about 4% aluminum, 20% vanadium, and 1% tin.
- 5. The golf club head of claim 3, wherein said striking plate is formed of a titanium alloy comprising by weight about 4% aluminum, 16% vanadium, and 6% chromium.
- 6. The golf club head of claim 3, wherein said striking plate is formed of a titanium alloy comprising by weight about 3% aluminum, 8% vanadium, 6% chromium, 4% molybdenum, and 4% zirconium.
- 7. The golf club head of claim 1, wherein said striking plate is formed of a titanium alloy comprising by weight about 4.5% aluminum, 2% molybdenum, and 3% vanadium.
- 8. The golf club head of claim 1, wherein said striking plate has a height of at least about 40 mm.
- 9. The golf club head of claim 1, wherein the striking plate's periphery has a thickness that is about 0.5 mm less than thickness at the striking plate's geometric center.
- 10. The golf club head of claim 1, and further comprising a weight member having a mass between 15 and 25 grams, such that the club head has a total mass between about 180 and 200 grams.

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11. A metal golf club head, comprising:

a body having a crown and a sole;

a striking plate, said crown and said sole integrally cast to define a front opening and said striking plate being welded thereto;

said crown having a substantially constant first thickness of about 0.7 mm, said sole having a substantially constant second thickness of about 0.9 mm, and said striking plate having a third thickness of about 1.7 mm, said third thickness of said striking plate being centrally located and about 0.5 mm thicker than a peripheral thickness of said striking plate that is located radially outward adjacent the weld joint at said front opening; and

said striking plate formed of a titanium alloy substantially comprising by weight about 4% aluminum, 20% vanadium, and 1% tin; wherein said golf club head has a coefficient of restitution of at least about 0.89.

- 12. The metal golf club head of claim 11, wherein said sole has a weight member adding about 20 grams, such that the club head has a total mass of about 190 grams.
- 13. A method of manufacturing a golf club head having a loft angle comprising:

forming a body having a crown, a skirt, and a sole defining a front opening; forming a striking plate of a material having a hardness of at least 30 HRC, a percent elongation of at least 7%, a density of less than about 5 g/cc, and a maximum thickness of less than about 2.2 mm, said crown having a thickness of less than about 0.8 mm over at least a crown transition distance of about 20 mm measured rearwardly from the front opening, said sole having a thickness of less than about 1.0 mm over at least a sole transition distance of about 20 mm measured rearwardly from the front opening; and

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attaching said striking plate to said front opening of said body; wherein said golf club head has a coefficient of restitution of at least about 0.85 if said loft angle exceeds 12 degrees and at least about 0.87 if said loft angle is 12 degrees or less.

- 14. The method of claim 13, wherein said attaching of said striking plate comprises welding.
- 15. The method of claim 13, wherein said forming comprises cold forming constituting at least about 30% cold working of said striking plate.
- 16. The method of claim 13, and further comprising integrally forming a thickened plate on an interior surface of said sole, to add between 15 and 25 grams to the mass of said golf club head.
- 17. The method of claim 13, and further comprising attaching a weight member to an interior surface of said sole, to add between 15 and 25 grams to the mass of said golf club head.
- 18. A method of manufacturing a golf club head, comprising the steps of: casting a body of a titanium alloy, said body having a crown, a skirt, and a sole defining a front opening, said crown having a thickness of about 0.7 mm, said sole having a thickness of about 0.9 mm;
- providing a weight member of between 18 to 22 grams to said sole of said body;

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cold forming a striking plate of a beta-type titanium alloy to have a hardness of at least 30 HRC and a percent elongation of at least 7%, said striking plate having a thickness of between 1.1 and 1.8 mm; and

welding said striking plate to said front opening of said body; wherein said golf club head has a coefficient of restitution of at least 0.88.

- 19. The method of claim 18, wherein said striking plate is formed of a titanium alloy substantially comprising by weight about 4% aluminum, 20% vanadium, and 1% tin.
- 20. The method of claim 18, wherein said cold forming comprises at least 30% cold working of said striking plate.
- 21. The method of claim 20, wherein said cold forming is performed to create a peripheral thickness of said striking plate that is about 0.5 mm less than a thickness at a center of said striking plate
 - 22. A metal golf club head, comprising:

an integrally cast body having a crown and a sole that define a front opening;

a striking plate welded to the front opening of the cast body;

said crown having a substantially constant first thickness of about 0.7 mm, said sole having a substantially constant second thickness of about 0.9 mm, and said striking plate having a third thickness of about 1.7 mm; and

said striking plate formed of a titanium alloy substantially comprising by weight about 4.5% aluminum, 2% molybdenum, and 3% vanadium; wherein said golf club head has a coefficient of restitution of at least 0.88.

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23. A method of manufacturing a golf club head, comprising:

casting a body of a titanium alloy, said body having a crown, a skirt, and a sole defining a front opening, said crown having a thickness of about 0.7 mm and said sole having a thickness of about 0.9 mm;

providing a weight member of between 18 to 22 grams to said sole of said body;

cold forming a striking plate of an alpha-beta-type titanium alloy to have a hardness of at least 30 HRC, a percent elongation of at least 7%, and a thickness of about 1.7 mm; and

welding said striking plate to said front opening of said body; wherein said golf club head has a coefficient of restitution of at least 0.88.

24. A golf club head having a loft angle, comprising:

a hollow body having a crown and a sole, said crown having a substantially uniform thickness of less than about 0.8 mm, and said sole having a thickness of less than about 1.0 mm; and

a striking plate provided at a front of said body and having a thickness of less than about 2.2 mm at a central portion, said striking plate formed of a material having a hardness of at least 30 HRC, a percent elongation of at least 7%, and a density less than about 5 g/cc, said striking plate having an upper portion forming an obtuse angle with said central portion of said striking plate and a lower portion forming an acute angle with said central portion;

wherein said golf club head has a coefficient of restitution of at least about 0.85 if said loft angle exceeds 12 degrees and at least about 0.87 if said loft angle is 12 degrees or less.

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- 25. The golf club head of claim 24, wherein said body comprises a toe and said striking plate has a toe portion wrapping rearward for mating with said toe.
- 26. The golf club head of claim 15, wherein said body further comprises a heel and said striking plate has a heel portion wrapping rearward for mating with said heel.
- 27. The golf club head of claim 24, wherein said upper portion and said lower portion each include a thickness of less than about 2.2 mm.
- 28. The golf club head of claim 24, wherein said striking plate is cold formed.
- 29. The golf club head of claim 24, wherein said striking plate is hot forged.